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..T3B.....4R5.....

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The University of Alberta

Personality and Psychometric Investigation of Men Convicted of Indecent Exposure

By

Allan R. Munroe

A Thesis

Submitted to The Faculty of Graduate Studies

In Partial Fulfillment of the Requirements for the Degree of

Master of Education

In

Counselling Psychology

Department of Educational Psychology

Edmonton, Alberta

Spring, 1987

87-127

THE UNIVERSITY OF ALBERTA

FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a thesis entitled "Personality and Psychometric Investigation of Men Convicted of Indecent Exposure" submitted by Allan R. Munroe in partial fulfilment of the requirements for the degree of Master of Education in Counselling Psychology.

E. E. Fox .....

Supervisor

.....

.....

DATE: 22 April 87

ABSTRACT

This study is a report on the personality and psychometric investigation of twenty individuals convicted of indecent exposure in the Province of Alberta. The psychometric instruments included the Minnesota Multiphasic Personality Inventory (M.M.P.I.), the Wechsler Adult Intelligence Scale (W.A.I.S.) as well as a Sexual Questionnaire that included information on the offender, the circumstances of the act of exposure, as well as information relating to the witness or victim. In terms of results, the study revealed that the exhibitionists' age at the time of the most recent conviction was relatively young (i.e. 29 years) as was the age range at the time when exposure first emerged (i.e. 17 years). Moreover, the majority of individuals were unmarried at the time of the charge or treatment. The results confirm that the distribution of intelligence is essentially in the normal range, slightly skewed towards the lower end of this scale. The role of alcohol has been underlined more than in any previous study of exhibitionism. The presence of alcohol was determined by eighty-five percent of this sample, while thirty-five percent admitted to drug abuse prior to the exposure incident. It was similarly noted that a greater percentage of the sample study disclosed histories of difficulties relating to sexual dysfunctions. Fifty percent noted difficulties at one time or another with impotence. This

represents the highest recorded incidence of reported impotence in a sample of exhibitionists.

Generally, the act of public exposure was found to take place in open areas such as parks or city streets. The specific location appeared to be based on some erotic preference attached to the idiosyncratic choice, combined with the qualification of a need for a location that facilitated an expedient escape route. Additionally it was found that the exposer is often likely to be in conflict with himself both prior to and after the actual exposure incident. In terms of victims, there appears to be a tendency for women in the age bracket of twelve to twentyfive years to be the most likely target. This likelihood could possibly increase if the female is judged both attractive by the offenders as well as "provocatively" attired. The results were interpreted as lending support to the previous literature on exhibitionists with a greater emphasis placed on the presence of problems related to alcohol and drug abuse as well as sexual dysfunctions.

ACKNOWLEDGEMENTS

The author wishes to acknowledge the assistance and helpful cooperation extended by Mental Health and Community Services Edmonton, Probation Services Edmonton as well as the Forensic Services, Alberta Hospital Edmonton without whose help this study could not have been undertaken.

Special thanks to the committee chairman, Dr. E. E. Fox, for his assistance and advice throughout the course of this study. Thanks also go to the other committee members, Dr. C. Yewchuck and Dr. G. Hopkinson, for their help.

The author expresses gratitude to his wife, Maureen, for her unfaltering support, encouragement and indulgence in the completion of this research. Finally, a thank you is extended to both Christopher and Michael for their added inspiration throughout the past year of graduate study.

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CHAPTER I

INTRODUCTION AND STATEMENT OF THE PROBLEM

The most comprehensive review of the problem of exposure behavior in Canada, the Forensic Clinic report (Mohr, Turner & Jerry, 1964) noted that exhibitionism represents the most common sexual conviction (excluding rape). They determined that the offence of exposing, formed approximately 25 percent to 33 percent of all reported sexual offences. This observation is well corroborated by both earlier as well as more recent research studies (East 1924, Arieff & Rotman 1942, Rickles 1942, Apfelberg, Sugar & Pfeffler 1944, Hirning 1947, Taylor 1947, Radzinowicz 1957, Ellis & Brancale 1965, Macdonald 1973). In spite of the statistical significance, very little information is available on the dynamics of exposing behavior. The only Canadian sample investigated to date has been that collected by the Forensic Clinic, Toronto (N=54). (Mohr et al, 1964). This research effort, however impressive, has had no additional input over the past 15 years. To the authors knowledge, there have been only three textbooks devoted to the offender, convicted of exhibiting in spite of its widespread occurance. (Rickles, 1950 Mohr et al, 1964, Macdonald 1973). Clearly, there appears to be a void of information on exhibitionism, that could satisfy the criteria of being both relevant as well as contemporary in nature. This study is an attempt to contribute to meaningful research on the topic.

The problem of indecent exposure may not be considered as serious an offence, relative to such offences as rape or child molestation. It does, however, often present society with a repeated dilemma in terms of how to best respond to the act. Clinicians and adjudicators are frequently of differing and often contradictory opinion in terms of such matters as evaluation, treatment and disposition of individuals with a history of one or often several instances of public exposure.

The topic of sexual exhibitionism as a field of research study appears viable for several reasons. It is statistically the most commonly encountered sexual deviation known. As well, it has demonstrated the highest recidivism rate over all the sexual offences reported, (excluding rape). In spite of the prevalence, there appears to be a noteworthy absence of either current or relevant information on the offender. Finally, few studies have attempted to combine primary information (i.e. structured interview) with a psychometric assessment on the offender. Previous research on examination has concentrated heavily on either information gathered from police reports alone or anecdotal information without the benefit of either questionaire or psychological assessments.

This author has attempted to incorporate some of the above intentions in the following study of men convicted of indecent exposure. This thesis reports on the direct examination of

twenty male exhibitionists, encountered within the province of Alberta. The study consists of a structured interview - questionnaire together with information derived from a psychometric evaluation. The later consists of a Wechsler Adult Intelligence Scale (i. e. W.A.I.S.) as well as a Minnesota Multiphasic Personality Inventory (i. e. M.M.P.I).

CHAPTER II

REVIEW OF THE LITERATURE

The term exhibitionism derives from Charles Lasegue (1877), who is considered the first to describe and name this social phenomena in scientific literature. The act of exposing is generally prohibited by law, which consequently results in a legal conviction for "indecent exposure". Mohr et. al (1964) defines exibitionism as the "expressed impulse to expose the male genital organ to an unsuspecting female as a final sexual gratification". For the purpose of this investigation, the term exhibitionism will apply to any offender convicted for the offence of indecent exposure.

Classification schemes for exhibitionism have been numerous and varied, based on such diverse factors as: motivation, diagnosis, severity and extent, organic and quasi-organic states, age of victim, and extent of actual exposure incident. The question of classification was considered by early investigators such as Kraft-Ebing (1900), East (1924), and Naville (1938). These earlier attempts frequently relied on psychiatric diagnostic material, in particular the identification of organic states. The topic of classification was more recently studied by Kopp (1962), Mohr et. al. (1964), Grassberger (1964), Gebhard, Gagnon, Pomeroy & Christenson (1965), Hackett (1971), and Rooth (1975).

One of the simplest and most widely accepted classification schemes for exhibitionists has been the sub-grouping into primary and secondary. The primary is generally considered as the "true" exhibitionist characterized as an individual with otherwise stable character, who expresses an impulsive or compulsive urge to expose, particular at times of heightened environmental stress. This was earlier described by Christoffel's (1956) 'male genital exhibitionist' and later by Mohr et. al. (1964), & by Gebhard et. al.' by the term 'patterned exhibitionist' and Rooth's (1975) distinction of number one exhibitionist.

The secondary classification is distinguished by the fact that the act of exposure is based primarily on an underlying organic aetiology (eg. mental deficiency, epilepsy, psychosis, dementia, neurological damage). It would appear appropriate that if a classification scheme is adapted, if might best reflect the personality of the exposer rather than the nature of the witness or the intensity of their intrusion on public life.

In terms of age of the offender at the time of conviction, most studies demonstrate that the majority cluster between the age range of 20 - 29. The following chart illustrates the percentage of exposers falling within this age bracket for the major studies. (Table 1).

The age at the time of first charges, as a variable does not necessarily coincide with the age of onset of the behavior.

Table 1

Age of Distribution of Exhibitionists from Various Studies

STUDY	COUNTRY	YEAR	N=	% 20 - 29	RANGE	MEDIAN
Apfelberg et. al	U.S.A.	1944	88	31.0		
Arieff & Rotman	U.S.A.	1942	100	(21-30) 35.0		
East	Great Britain	1924	150	(16-65) 38.0		
Ellis & Brancale	U.S.A.	1956	89			
Frisbie & Dondis	U.S.A.	1965	256		18 - 74	29
Gebhard et. al.	U.S.A.	1965	135	(21-30) 44.1		26.5
Hackett	U.S.A.	1971	37		17 - 45	24
Macdonald	U.S.A.	1973	185	(21-30) 35.5		
Mohr et. al	Canada	1964	54	65.0	15 - 60	25
Radzinowicz	Great Britain	1957	490	(21-29) 31.6		
Taylor	Great Britain	1947	91	(23-29) 37.0		

Mohr et. al. (1964) observed a bimodal age distribution for onset of exposing, with the first peak at age 14-15, and the second peak in the mid-twenties. The mean age of onset of exposing was determined at 19.4 years (Mohr et. al., 1964). This study attributes this distribution to the more pronounced periods of psychosexual stress encountered during these periods. The behavior shows a subsequent decline after the age of thirty. Mohr et. al. (1964) states that the incidence in men over the age of forty is rare and usually reflects other factors such as organic deterioration or alcoholism.

In terms of marital status, most studies demonstrate that a majority of offenders were married at the time of offence (Mohr et. al., 1964, Radzinowicz 1957). Mohr et. al. (1964) found that the majority married in their early twenties with a peak at ages 22 - 23. They observed that the occurrence of an impending or recent marriage was often a vulnerable time in terms of an onset or increase in exhibitionism. It would appear also that the sexual availability of wives or other females does not necessarily preclude incidents of exposure.

Nature of Act of Exposing

The act of exposure is frequently preceded by typical physiological as well as psychological antecedents. Karpman (1954) describes several prodromal physical symptoms prior to

exposing including: feelings of restlessness, anxiety, fearfulness, perspiration, headaches and feelings of 'hotness'. The act of exposure itself can occur impulsively, compulsively, or even by premeditation. Several investigators have drawn attention to the relationship between a prior emotional conflict(s) and a possible exposure incident. Mohr et. al. (1962) remarked that the urge to expose often occurred when the person is in conflict with a female. Two noteworthy events often surfaced - impending or recent marriage, and impending or recent birth of a child. Smith et. al. (1961) concurs that exposure frequently follows an emotional trauma. They state further that feelings of either anger or rejection may occur at a juncture that leads to less caution and more abandon - thus providing a more vulnerable setting for the first arrest. McCawley (1965) adds that this emotional precipitant need not necessarily be of a sexual nature. Henley (1975) observed that it was not uncommon for the exhibitionist's wife to be aware that something is amiss, several days before the act is committed. In view of these findings, this investigation will attempt to study any possible precipitating factors.

The act of exposure is considered a male prerogative. Female exposure, if observed has always been considered identifiable with the secondary type.

The act of exposure may be in either a flaccid, semi-

tumescent, or tumescent state. The exposure may range from partial to total nudity. The range may vary both on an inter-individual and intra-individual basis. Masturbation may accompany the act, but more often will follow.

The exhibitionistic act in itself is considered sufficient to produce the final gratification desired. Several investigators have observed the lack of any further sexual interest or desire for intimacy beyond the actual exposure (Mohr et. al., 1964, Gigeroff, 1968, Rickles, 1968, Rooth, 1972, Smukler, 1975). This statement is supported by the observation that exposers almost always exhibit in public places that virtually preclude the possibility of any further sexual intimacy. Gigeroff (1968) remarks on the exposer's apparent fear of the victim, in part demonstrated by the appreciable distance separating both parties. From these observations, the extent of exposure appears to be a relevant factor to monitor in this investigation.

A common characteristic of the exposure incident is the apparent loyalty to the place and situation, or modus operandi of the individual (Lasegue, 1877, East, 1924, Rickles, 1950, Mohr et. al., 1964, Evans, 1970, Rooth, 1975). The fact that the exposure convictions rank highest of all sexual convictions (excluding rape and indecent assault) is in part attributed to the repetitive and stereotyped pattern of exposing. (Rickles, 1950, Mohr et. al., 1964).

The choice of place is again left to individual preference, although some similarities are characteristic. Arieff & Rotman (1942) remarked that over fifty percent of their sample exposed at or near their own domicile. Most subsequent evidence has disagreed, stating that the preferential place was in public and open places. (Radzinowicz 1957, Mohr et. al., 1964, Gebhard et. al., 1965). Interestingly, the perpetrator's automobile has been considered as one of the main vehicles for exposing (Mohr et. al., Hackett, 1971, Macdonald, 1973). In view of the above, the choice of place will be considered in the present investigation.

The exposer experiences definite cognitive and emotional sequelae immediately following the exposure incident.

Guilt and shame appear to be the most prevalent subjectively perceived emotional responses (Peck, 1924, Maldonada, 1966, Delteil, 1971, Smukler, 1975, Jones, 1977). Depression and feelings of transient emotional relief appear to rank second. Curiously, sexual relief or satistaction have not been commonly observed. The present study will therefore attempt to ascertain possible response patterns.

One of the most characteristic set of features identified with the exposer is the apparent passivity, modesty, relative insecurity, sensitivity, inferiority, and lack of assertiveness. (Silverman, 1941, Rickles, 1942, Kopp, 1962, Mohr, et. al., 1964,

McCawley, 1965). Gigeroff (1968) describes their backgrounds as demonstrating an insecurity in social relations with school achievement generally lower, while being typically hard working and conscientious. They were also low in frustration tolerance, sensitive to criticism, and had backgrounds of strict sexual mores. Hackett (1971) was impressed by the use of obsessive-compulsive defenses as the major coping technique. Rooth (1975) remarked that the personality features of immaturity, passivity, and obsessionality were particularly prevalent. As well, a difficulty in expressing aggression constructively was also noted (Rooth, 1975). Wille (1972) on the basis of his study of 150 exhibitionists remarked that most appeared insecure, sensitive, inhibited, bashful, immature, and passive.

In contrast to the larger proportion of clinical opinion, comparatively little has been offered in the way of psychometric data on the personality of exhibitionists.

Paitich (1957) administered Rorschachs, Wechsler Adult Intelligence Scales, Picture Preference, and Blackys to ten exhibitionists. Among his findings, he considered feelings of inferiority to be significant as a personality variable. Rubin (1960) remarked on the importance of submissiveness in his study of 16 exhibitionists by means of the Cattell's Sixteen P. F.

McCreary (1975) attempted to use the Minnesota Multiphasic Personality Inventory (M.M.P.I.) on convicted exposers. The

sample was subdivided into: no prior offenses, 1 - 5 previous offenses, and 6 or over previous convictions. The greates extent of personality disturbance was associated with a larger number of previous offenses for persons convicted of indecent exposure. The first offenders had relatively normal profiles. The most recidivistic offenders displayed highly elevated profiles that indicate impulsivity, irritability, distrust, estrangement, and sexual adjustment problems.

Smukler (1975) also administered M.M.P.I.'s to a sample of nineteen exposers. The most significant findings were those related to the dimensions of passivity, submissiveness, concern about impressions as well as a tendency to deny the awareness of angry feelings.

The act of exposure is characteristically performed before strangers only. (Rickles, 1942, Mohr et. al., 1964). In the Mohr study, only 4 of 54 weren't strangers, of which three of these four neighbours were inadvertant victims. It is generally felt that anonymity helps to ensure the desired response and that a relationship might serve to 'legitimize' the act. Rooth (1975) remarks that the awareness may preclude incorporating the victim and their reactions into one's fantasy. There is a definite trend towards exposure to the pubertal and pre-pubertal age range (Arieff & Rotman, 1942, Hackett, 1971). The choice of a younger object may be related to the individual's specific age

preference. The choice may also relate to a need for assurance that the person selected would be startled, shocked, impressed, or whatever the desired response. Rooth (1975) suggests that the pubertal range may be preferred in view of the exhibitionist's timidity and shyness with adult women. Teenagers may be less critical, and are also less likely to respond sexually or inform the police (Rooth, 1975). Gigeroff (1968) remarks that those exposing to adult females tend to expose to females who are alone, whereas when children are involved, the exposure is more commonly in groups.

Specific features such as race, attire, physical attributes, education, appearance, may also influence the object choice. The victim - fantasy may necessitate a woman who looks "vulgar", or "promiscuous", or even well educated and sophisticated. In other instances, the stranger is choosen on a more random, impulsive manner.

The response either sought or achieved can be separated into two categories. The ideal response intended by the exposer is not necessarily consistent with the actual reation of the audience.

In terms of a preferred response intended, Evans (1970) distinguishes three common reactions: 1. fear and flight; 2. indignation and abuse of the exposer; 3. pleasure and amusement. Several authors comment on the basic need for recognition and

attention regardless of what form this reaction might involve. (Hirning, 1947, Hirschfield, 1948, Rickles, 1968). Hirning (1947) observed that several admitted to feeling vaguely disappointed and crestfallen whenever a woman failed to take any cognizance of the behavior. In most instances, however, the woman obliges by responding visibly to the act.

Mohr et. al. (1964) has commented that true sexual satisfaction, which undoubtedly may play a part in some cases, is more of the byproduct or an addition to some more fundamental motivation. Rooth (1975) emphasizes the importance of control and dominance for a given moment as a significant motivation for an otherwise unassertive individual.

The asexual nature of the response can be inferred by the public nature of the act, as well as by the large proportion of pubescent and pre-pubescent witnesses, and the fact that exposures often occur while the victim is in the company of others.

Jones (1977) on the basis of fifteen exhibitionists, reported on the ideal affective response solicited from the women. Nine indicated that pleasure was the preferred response, while two identified fear. Four of the sample were unable to identify a specific preference.

Gittleson (1978) interviewed forty-four female victims of indecent exposure, of which one-third had been victimized on two

or more occasions. Based on this aggregate of 67 exposures, Gittleson reports 38 (57%) who recalled fear, 20 (30%) disgust, 6 (9%) anger, 10 (15%) curiosity, 8 (12%) amusement, 4 (6%) pity, and 1 (1%) embarrassment. Gittleson observes the significance of age as a variable as victims under the age of 16 were twice as likely to recall fear as an immediate response to the incident as victims over the age of 16. Mohr et. al. (1964) remarks that a positive reaction and possible advance by the victim would most likely precipitate panic and anxiety in the exposer and a probable response of flight.

There are varying opinions as to the contributing role of alcohol. East (1924) observed that 9 exhibitionists of a sample of 101 were considered alcoholic. Arieff & Rotman (1942) noted that in their sample of 100 exposers, 28 had alcoholism as a contributing factor. Ellis and Brancale (1956) noted that alcohol was either associated or a precipitant in 29% of his sample. Hirning (1947) reported a 25% incidence of alcohol - related exposures in his study. Henninger (1941) reported that 11 of 51 exhibitionists either had alcoholic problems or precipitated the act of exposure by alcohol consumption.

The consumption of alcohol may serve to buffer personal feelings of self-worth as well as alleviate anxiety that often preludes the act of exposure. The offender may use alcohol as either an excuse or a means to deny involvement after the fact as

a form of deviance disavowal. In view of the past significance of alcohol, its role is felt worthy for consideration in the present study.

Feelings of sexual inadequacy may accompany a history of indecent exposure. Rooth (1974) indicates that all 12 of his sample reported heterosexual difficulties such as premature ejaculation, erectile impotence, or failure of ejaculation. Hackett (1971) reported that 19% had experienced difficulties with premature ejaculation while 5% reported periodic impotence. Gebhard et. al. (1965) reported that 25% of their total sample were impotent at one time. This figure rose to 33% when considering only 'patterned exhibitionist group'.

Barlow (1974) differentiates four distinct components of sexual functioning: 1. gender role behavior; 2. heterosexual skills; 3. deviant arousal patterns; 4. heterosexual arousal patterns. Barlow suggests that distinct patterns of deviant arousal are relatively independent and may be treated separately with little effect on each other. This also supports the position that exhibitionism may appear together with one or even several other forms of deviant arousal patterns. In a separate investigation of the literature (Munroe, 1978) a history of exposing was identified along with the following: voyeurism, homosexuality, frotteurism, pedophilia, rape, obscene phone call, sado-masochism, fetishism, and transvestism. The greatest co-

existence was for voyeurism (N = 15), then homosexuality (N = 8) and frotteurism (N = 7). For this reason, the following investigation will seek to determine a possible relationship with other deviant arousal patterns.

The Development of Exhibitionists

Dynamic Formulations

Briefly, Freud (1962) postulated that libidinal energies proceed along erogenous zones, including: oral, anal, urethral, and genital. In psychosexual development, each of the zones becomes sensitized in progression and hence, becomes an outlet for discharge of sexual excitation. In normal development, the genital zone finally achieves primacy in this function. Exhibitionism along with other perversions were viewed in terms of a regression or fixation to an earlier mode of infantile sexuality. This fixation is not total, however, as the exhibitionist is often in fact able to combine a pattern of exposing with the ability to obtain genital orgasm. Freud felt that the exhibitionistic act serves to utilize an infantile form of expression as a means of overcoming the obstacle to genital orgasm.

In terms of stage development, Freud identified the Oedipal

level as the pivotal landmark whose successful resolution eventually determines whether one's sexual identity and development progress to maturity.

> The compulsion to exhibit...is also closely dependent on the castration complex: it is a means of constantly insisting upon the integrity of the subjet's own (male) genitals and it reiterates his infantile satisfaction at the absence of a penis in those of women.
>
> [Freud, 1962, p. 23]

Freud earlier identified exhibitionsim as a preverse instinct but later modified this hypothesis by describing acts of exposing as being regarded as defensive formations through which the person attempts to overcome castration anxiety.

Fenichel (1945) emphasized the role of exposing as a reassurance against castration anxiety secondary to Oedipal guilt. He explained that the exposure serves to alleviate his own sense of castration fear. Finally, Fenichel explains that the act represents an indirect plea for the audience to possibly reciprocate the gesture.

Rickles (1950) views exhibitionism as an obsessive - compulsive neurosis. This neurotic symtom is based on the integral role of the mother who is considered narcissistic and motivated by strong penis envy. The seeming carelessness in executing the act and noted higher rate of apprehension and convictions is thus explained by the neurotic pattern of unconsciously inviting apprehension and punishment. Karpman

reiterates the emphasis on mother who frequently, "cultivates their exhibitionistic and narcissistic tendencies (Karpman, 1954, p. 197)". Karpman considered situational stress as contributing significantly to precipitating a regression to the earlier point of fixation, which in turn leads to the act of exposure. Stoller (1975) adds that this stress need not necessarily be of a sexual nature. Stoller views an act of exposure as motivated primarily by hostility and rage towards the sex object - the essential purpose consisting of a desire to feel superior to, or triumphant over the other. (Stoller, 1975). The triumph is inherent on the perceived feeling of being in control - while the attendant risk involved merely adds to the excitement. Strangers are therefore preferred as sexual objects, in order to ensure a greater sense of control over the victim's reaction.

Learning Theory Approaches to Exhibitionism

In terms of learning theory, exhibitionism is viewed as acquired behavior that has developed in the person's sexual repetoire, usually during adolescence. Evans (1968) suggests that masturbation accompanied by exhibitionistic fantasies can act to substantiate the learning process between deviant episodes. He tested this hypothesis on two groups of exhibitionists and demonstrated that those reporting a history of masturbation together with exposing fantasies proved more

difficult to decondition than those failing to report a similar combination. McGuire (1965) suggests the possible significant implications of one - trial learning from an earlier crucial, but often accidental sexual experience. He states that one earlier episode need not necessarily create long-term persistence, although intermittent daily urges and fantasies may perpetuate the habit - strength. The original act may serve to supply the fantasy, then masturbation may act as a subsequent reinforcer in maintaining the habit - strength. The degree and intensity of the exhibitionism may be determined in part by such variables as length of time exposing, frequency of acting out, and the type of masturbatory fantasy.

Hosford (1975) remarks that the act of exposure can be maintained by anxiety reduction. The exposure can be reinforcing since sexual arousal lowers anxiety. This behavior may become very reinforcing to an anxious or fearful person, who may concentrate on the exposure and thus cut out other competing stimuli. As well, Hosford maintains that the viewer's reations may prove reinforcing if the perpetrator has few competing life reinforcements.

Behavioral Treatments

Behavior therapy is based on the assumption that maladaptive behaviors have been acquired according to estblished laws of

learning and that any successful treatment must coincide with this same theoretical basis. Those techniques described in the treatment of exhibitionism have included aversion therapy, convert sensitization, systematic desensitization, and social reinforcement therapy.

Wolpe (1958) provided one of the earliest descriptions of aversion treatment in his account of pairing a mild electrical shock with an exhibitionistic fantasy, such that a conditioned reflex was established.

Kushner and Sandler (1966) advocate that in superimposing the aversive event with the exposing fantasy, the punishment be paired with fantasies that approximate the "in vivo" circumstances as closely as possible. Evans (1968) reports success employing an anticipitory avoidance paradign in which deviant, normal, and neutral slides of phrases are utilized in an instrumental escape condition. Fookes (1969) required some subjects to either visualize a typical exposure situation (N = 2) or, in some cases, actually expose themselves (N = 5) under treatment conditions, while juxtaposing the aversive event.

Abel et. al. (1970) emphasized the role of fantasy as well as the value of assessing the sequence of discrete behaviors that culminate in the final exposure. Treatment consisted of preparing tapes, divided into three sequential segments, that would relate to a typical exposure situation. The associated

shock was thus conditioned to the final segment, then later to the middle, and finally to the initial phase. For any shock segment, the subject could elect to escape the shock segment, contigent on his verbalizing and fantasizing alternate, non-deviant, sexual behavior.

Callahan and Leitenberg (1973) compared aversion with covert sensitization for two exhibitionists and found no significant differences between the two approaches. Rooth and Marks (1974) compared both approaches for 12 exhibitionists. Their results, however, favoured aversion procedures over self-regulation.

A hypothesis derived from aversion therapy was developed by Michael Serber (1970) in his work at Atascedero Hospital, California, in what he describes as shame aversion therapy. It consists of allowing a willing subject, who is embarrassed or self-conscious about the exposure to rehearse the act on demand in an environmental context that closely adheres to actual life events. The process induces enough shame that it strongly inhibited the urge to subsequently perform the act. Later clinicians (Reitz and Keil, 1971, Stevenson and Jones, 1972, Wickramasekera, 1972) have reported similar positive results.

Cautela (1966, 1971) introduced covert sensitization, a term which implies that neither the undesirable stimulus nor the aversive agent need be present. The sexual stimuli are presented in imagination only, although slides, phrases, tape recordings,

or erotic materials may be introduced to facilitate the process. Cautela states that the noxious punishment, presented in fantasy contiguously with the previously reinforced response initially on a continuous basis, will effectively reduce the frequency of the undesired response on both a long lasting and permanent basis. Although Cautela has not directly made reference to applying this procedure for exhibitionism, Burdick (1972) provides empirical support based on his evaluation and treatment of six exhibitionists.

The effectiveness of covert sensitization has been extended more recently with the introduction of olfactory aversion therapy. Maletzky (1974) employed a noxious smelling substance (ie. valeric acid) to assist or bolster the covert sensitization procedure with ten exhibitionists. The results, although uncontrolled, did demonstrate excellent results, after a 12 month interval evaluation.

Finally, the choice of systematic desensitization in the treatment of exhibitionism has been employed in circumscribed instances where the urge to expose apparently relates to internal anxiety and tension which concludes ultimately with the act of exposure. Earlier successes have been reported by Wolpe (1958), Bond and Hutchinson (1960), Hutchinson (1962), Rognant (1965), and Lowenstein (1973).

Group Treatment

One of the earlier attempts to involve convicted exhibitionists in group treatment has been that of the Toronto Forensic Clinic (Paitich, 1960, Turner, 1961). Turner describes positive results after four years operation of a group that involved 30 exhibitionists at varing times. Paitich (1960) found similar positive results in his experience in dealing with the wives of exhibitionists in groups.

Rosen (1964) reports on group treatment for 13 exhibitionists (X group sessions = 23) for whom no reconvictions were reported following a 20 month period after treatment.

Witzig (1968) described a group treatment program that involved 25 exhibitionists. Although the entrance criteria were selective, he reports only one reconviction, based on a 2 1/2 year span following treatment.

Mathis and Collins (1970) worked with 32 exhibitionists with group treatment of which 17 of the original sample graduated at the time of study without any repeat offenders. The use of group processes in dealing with the exhibitionistic patient has also been reported as viable by Freese (1972), Peters (1972), and Kentsmith (1974). The efficacy of a group model appears to have the advantage of economy. As well, each member may obtain benefits both from interacting and helping those with a homogenous type of problem. The group may also provide the therapist with a better understanding the individual's interactions with others.

CHAPTER III

Method

In order to study the characteristics surrounding the exhibitionist, the following procedures were undertaken: (a) selection of the subjects, (b) selection of instruments, (c) structured - interview procedure, and (d) analysis of the data.

Subjects

The subjects were 20 exhibitionists residing within the province of Alberta. The individuals were introduced to the writer through the helpful co-operation of Regional Mental Health Services, Edmonton, Adult Probation Services, Edmonton as well as the Forensic Services of the Alberta Hospital Edmonton. The content and intention of the study was fully explained, then authorized through the Research and Ethics Committees of each of the agencies. Likewise, each of the individuals notified was informed as to the nature and intent of the study, with attention drawn to the anonymity assured to each candidate. In drawing from three rather independent sources, the author attempted to include as diversified a sample as possible. The selection process included a wider range of social services, rather than concentrating the sample in one agency alone. The Gebhard Study (Gebhard et. al., 1965) for example, relied solely on a prison population, thus limiting the offender profile to those encountered in a prison setting.

The age distribution of the participants ranged from 15 to 35 years of age with a mean of 24. Individuals with at least one conviction for indecent exposure were included in the sample. Those individuals demonstrating a history of sexual convictions other than indecent exposure were not necessarily excluded from the sample. Exposing behavior was not contingent on a clinical diagnosis but rather based on a legal conviction for indecent exposure.

Individuals were not excluded from the study on the basis of ethnic origin, occupation, education or religion. Interestingly, only two of the twenty-five individuals approached, declined participation in the study. Three additional candidates were excluded on the basis of incompleteness of data (N = 2) and intellectual underdevelopment (N = 1). In selecting the sample, the author excluded those individuals with either a history that included psychosis or mental deficiency.

Subjects were consecutively chosen as they became involved with either of the three agencies mentioned during the period from April 1978 to December 1978. Six of the twenty individuals solicited were involved in a pilot group therapy programme for exhibitionists, operated by the writer at Mental Health Services, Edmonton. In terms of the overall validity of the information collected, it was noted that generally many of the individuals approached related an almost identical sense of relief in disclosing their former clandestine activity.

Instruments

The psychometric instruments used in this study were the Minnesota Multiphasic Personality Inventory (M.M.P.I.) and the Wechsler Adult Intelligence Scale (W.A.I.S.).

The Wechsler Adult Intelligence Scale (W.A.I.S.) was developed by David Wechsler in an attempt to obtain a standarized instrument to assess intellectual ability in an adult. The scale is comprised of six Verbal tasks (information, comprehension, arithmetic, similarities, digit span and vocabulary) and five performance tasks (digit symbol, picture completion, block design, picture arrangement and object assembly). The standarization of the scale is based on norms developed on the basis of a sample of 1700 adults. The W.A.I.S. is generally considered the most representative of all intellectual measures in terms of its ability to obtain an overall measure of intellectual capacity.

The Minnesota Multiphasic Personality Inventory (M.M.P.I.) is an objective, forced choice, personality inventory, developed by Starke Hathaway and J. Charnely McKinley in 1942 (revised 1947). The instrument, comprised of 566 items was originally developed to provide scores on traits, characteristic of psychological disturbance. The M.M.P.I. has an advantage in the investigation of a clinical population, in part because of the validating scales (L, F, K.) Elevations that surpass established cut-off scores (either singly or in combination) are helpful in

the detection of faked response patterns. The instrument has developed a good deal of well deserved respect in part due to the attempts to verify both construct validity (Loevinger 1972) and reliability (Mauger 1972, Schubert and Fiske 1973).

The M.M.P.I. has been regarded as the instrument of choice whenever objective assessment involving the more serious psychopathologies is required. A factor analysis of 16 P.F. and M.M.P.I.'s was completed (Williams et.al., 1972) that demonstrated that M.M.P.I.'s are preferred within psychiatric settings.

Questionnaire-Interview

As well as the administration of a W.A.I.S. and M.M.P.I., each subject responded to a 51 item questionnaire intended specifically in obtaining information relating to the act of exposure (Sexual History Questionnaire, p. 60). The questionnaire was developed after an extensive review of the professional literature on exhibitionism. It is intended to cover the majority of the major issues relating to the act of exposure. Generally, the questionnaire covers the dynamics of the offender, the circumstances of the act of exposure as well as information relating to the witness or victim. Each questionnaire was administered in an objective manner, attempting always to avoid influencing possible response patterns. The ordinal sequence of administration involved the completion of the sex questionnaire, followed by the W.A.I.S., before final completion of the M.M.P.I.. The questionnaires were administered individually in order to ensure a full understanding of the directions and to offer assistance to anyone who might have difficulties reading the questions. Identification of each questionnaire was completed by a coding system in order to further assure confidentiality as well as to encourage candidness whenever possible.

Data Analysis

W.A.I.S. results included both a verbal score as well as a performance score, together with an overall intelligence quotient

score. An overall mean score was computed on the basis of the above.

M.M.P.I. results were hand-scored, k-corrected and tabulated for each subject. The mean score was then computed for each of the individual scales. A mean configuration was then plotted in order to outline the average M.M.P.I. scale score of the sample. These results were then discussed and compared to the previous research on exhibitionist samples.

CHAPTER IV

RESULTS

In terms of age at the time of the most recent conviction, the present study noted that 16 of the 20 exposers (80 percent) were between 20 and 29 years, with a range of 15 - 35 years, and an average age of 24 years (Table 2). This percentage is greater than the 1964 figures reported by Mohr et. al. (1964) which noted that 35 of 54 exposures (65 percent) fell within the same age bracket. Mohr determined an average age of 25 for his sample. As well a similar mean age was determined in a separate group of 31 offenders who had not been referred by the court (Mohr et. al., 1964). The Cambridge study (Radzinovicz, 1957) reported that 31.6 percent fell between 21 and 29 years of age (N=490) while the Denver, Colorado sample (N=185), compiled by Macdonald (1973) produced 35.5 percent within this same age distribution. The mean age of 24 is likewise consistent with the average age of 29 reported by the California study (Frisbie and Dondis, 1965) as well as the 26.5 year average (N=135) found by Gebhard (Gebhard et. al., 1965), thus lending support to the statement that the age distribution of those convicted of exposing is relatively young.

Age of Onset: The age of onset of exposing as reported by the offender, infrequently coincides with the age at the time of the first conviction. Thus Mohr (Mohr et. al., 1964) found that the mean age of onset was 19.4 years. They report that the peak

of the exhibitionists behavior occurs as approximately age 25 while the onset of symptoms clusters in two major periods, one in mid-puberty and the other in the early twenties. The present study (N=20) found the mean age of onset of exposing to be 16.9 years, with a reported range of 12 to 22 years of age. (Table 3)

The age at the time of the first charge of indecent exposure was determined for the present sample. The accuracy of the data is dependent on the reliability of the informants as well as the accuracy of the criminal records. The mean age (N=15) was calculated at 19 ($x = 18.86$), with a range distributed between 14 and 26 years of age. (Table 4). This compares favourably with the Forensic Clinic study which noted that more offenders were first charged at 15 than any other time in their teens. Mohr (Mohr et. al., 1964) observed that only 19% had been charged for the first time after the age of 30. The present study did not contain any offenders who offended for the first time after the age of 30.

From the data presented, it thus appears that exhibitionism occurs essentially from early puberty to the late twenties with the greatest intensity around the mid twenties. Although no instances of exhibitionism were found with individuals over the age of 35, Mohr's observation of three instances would appear valid (Mohr et. al., 1964). On the basis of his sample, exhibitionism over the age of 35 rarely occurs and appears

usually in connection with other factors, such as alcoholism, organic deterioration, or in the presence of other deviations.

Marital Status: The Toronto study (N=54) determined that 63 percent were married at the time of conviction and/or the occurence of the offense, while the remaining 37 percent were single (Mohr et. al., 1964). Frisbie and Dondis (1965) reported that 46 percent were married while 31 percent were single while another 22 percent had been formerly married. East (1924) in his study of 150 exhibitionists noted 60 percent married, 38 percent single and 2 percent widowed. Taylor (1947) reported 61 percent married and 39 percent single. Finally, Arieff and Rotman (1942) reported 62 percent single and 38 percent married while McCleary (1975) notes 45 percent single, 43 percent married, 8 percent divorced and the remainder either separated or widowed. In contrast to the majority of research, this study revealed that 75 percent were single with 10 percent divorced, 10 percent separated and only 5 percent married. The higher proportion of single individuals could be reasoned in part, by the lower age distributions found in this study.

Intelligence and Education: Mohr et. al. (1964) reports that 28 percent had 7 years or less formal education, 57 percent had 8 through 10 years of education, while 15 percent had 11 or more years of education. The present sample of twenty notes 30 percent having 8 years or less formal education while 45 percent

completed some high school with 15 percent actual graduates. Five percent graduated from University while another five percent graduated with a professional degree.

In terms of intelligence quotient (I.Q.), Mohr in his sample of 47 (Mohr et. al., 1964) found the tested I.Q.'s (Wechsler Adult Intelligence Scale) to be of essentially normal distribution with a mean of 103.6. If anything, the study considered the majority to be underachievers. The verbal and performance scales revealed no significant differences. Macdonald (1973) remarks that exhibitionists tend to have higher intelligence than other sex offenders, although the percentage with above-average intelligence (13 percent) still falls below the incidence of persons with above-average intelligence in the general population (25%).

The Wechsler Adult intelligence Scale was administered to the twenty volunteers who participated in the present study (Table 5). The mean verbal score was 95.75 with a mean performance scale score of 98.55 for an overall full-scale score average of 96.95. These results are only slightly skewed below the mean in contrast to Mohr's report of a slight elevation towards the upper range of average. The overall results of the present study however confirm the inference of an essentially normal distribution of I.Q. scores.

Personality Tests: In a study of 19 exhibitionists, Smukler and Schiebel (1975) administered Minnesota Multi-phasic Personality

Inventories (M.M.P.I.). The mean profiles obtained revealed elevations on the D scale, Pd scale as well as the Sc scale, although none surpassed the 70 elevation. The authors interpretation of the results according to Gelberstadt and Duker (1965) suggests, "a mildly schizoid personality pattern, with hints of a sense of chronic alienation from self and others (Pd, Sc) a sporadic lack of ego mastery (Sc, Pt), subdued mood (D), and a tightly suppressed resentfullness of ones fate in the world (Pd)." (Smukler and Schiebel, 1975).

In the Washington study (Nichols, 1971) a cross-section of sex offenders (including exhibitionists) were administered M.M.P.I.'s (N=200). Scales F, 4, 8, 5, and 7 were significantly elevated, scoring in a predominantly '4, 8' pattern. Interestingly with the post-treatment population, Scales 7 and 8 dropped at least one standard deviation, with Scales F and 2 declining, the K Scale improving, and Scales 4 and 5 remaining elevated.

In the present study the means of the M.M.P.I., K - corrected raw score were calculated (Table 6 & 7). As well, the respective elevations for each subscale have been calculated and the profile plotted. (see Figure 1). The overall results reveal some similarity to the results discussed by Nichols (1971) for sex offenders in general. Scales F, 4, 7, and 8 were all significantly elevated, scoring similarly in a predominantly '48' pattern. McCleary (1975) presented findings that likewise

suggested a predominantly '84' pattern within this chronic subgroup that presented the greatest recidivism. He describes this profile as indicating, "impulsivity, irritability, distrust, estrangement and sexual adjustment problems." He adds further that these findings tended to be consistent with clinically derived postulations.

Alcohol and Drug: The role and importance of alcohol or drug ingestion prior to an offence of exposing is a difficult one to assess. The significance of alcohol or drugs as a contributing factor becomes more difficult when one considers that more than likely the majority of indecent exposures are not cleared by arrest. Very little research in the leterature has attempted to ascertain the role of alcohol in the commission of the offence. Arieff and Rotman (1942) noted that 28 percent of their study had related alcohol problems, while Ellis and Brancale (1956) noted 29 percent and Hirning (1947) observed 25 percent incidence of alcohol related problems. The present study noted a greater trend towards the incidence of alcohol prior to the actual exposing incident. Alcohol was reportedly used prior to the commission of the offense by 85 percent of the present sample, while marijuana or other street drugs was reported by 35 percent.

Sexual Behavior: Several investigators have commented on the exhibitionists previous difficulties in making a heterosexual adjustment. (Henninger 1941, Arieff and Rotman, 1942, Hirning 1947, Smith et. al., 1961, Gebhard et. al., 1965, Hackett, 1971).

Very little information, however, has been obtained on the individuals psychosexual milestones. In the present study, 50 percent of the individuals disclosed that masturbation in the past had been accompanied by exposure fantasies. Rooth (1974) reported that 9 of 12 exposures treated (75 percent) reported masturbatory activity with exposure fantasies. Evans (1968) on the basis of learning theory commented that the tendency to masturbate to deviant fantasy (ie. exposing) appears to increase the habit strength of the sexually deviant behavior, thus creating a situation that is ultimately counter-conducive to a successful treatment outcome.

Very little information is available on the backgrounds of exhibitionists in terms of the presence of other sexual preferences. In reviewing a large percentage of available literature on exhibitionism since 1920 (Munroe, 1978) it was noted that exposing occured most frequently along with a history of voyeurism (N=15), followed by homosexuality (N=8) and frotteurism (N=7), (Table 8). The present study noted one instance related to obscene phone calls and one report of trespass by night (voyeurism). Interestingly, six individuals (30 percent) had histories of at least one indecent assault charge.

Both impotence as well as premature ejaculation have been reported in the histories of those convicted for indecent exposure. Gebhard (Gebhard et. al., 1965, Rooth, 1974). Gebhard

(Gebhard et.al., 1965) noted that 25 percent had experienced impotence at some time. He observed that many exposures may use exhibitionistic fantasies in order to either achieve or maintain an erection. In the present study, 50 percent (N=10) reported a history of periodic impotence while 30 percent (N=6) reported histories of premature ejaculation.

Act of Exposure: The location for the act of exposure was not found to be at or near the offender's domicile, as suggested by earlier research (Arieff and Rotman, 1942). The choice of location was relatively homogeneous. The choice of parks appeared most often (N=6) followed by city streets (N=5), automobiles (N=4), victims house/window (N=3) and buses (N=3). The remaining choices included parking lots, hotels, swimming pools, apartments, shopping centers, school grounds, theatres, alley and libraries. One individual often responded with two or three typical locations. The responses often included the qualification of not having any undercover policeman or male within view. It appeared that the allocation was at times based on the sexual arousal identified with the individual location. This was in turn combined with the pragmatic and realistic motivation of disallowing the possibility of a third party or witness (ie male). One individual stated a preference for libraries or buses. This locale would greatly limit the chances of the victim 'making a public scene' as talking to strangers was uncommon in these settings. The present findings do agree with

the early report of Lasegue (1877) that exhibitionists do tend to return to the same place repeatedly. The habit of repeating an almost identical 'modus operandi' frequently contributed to the offenders' capture.

It was likewise noted that the tendency to expose in either public or semi-public locales practically dismissed the possibility of sexual contact as an intent of the offender. Sexual contact at the time of the exposure was virtually precluded by the very nature of the exposing situation itself.

When questioned as to the precipitating factors prior to exposing, the respondents indicated a variety of individual factors. The most frequent factor occurring prior to exposing was the combination of feelings of depression together with the consumption of alcohol (N=5). The next leading combination involved feelings of personal rejection occurring together with feelings of sexual arousal. Clearly, the majority (N=15) identified personal feelings of conflict as opposed to strictly feelings of sexual excitement. Other factors included the following: reading or viewing erotic materials, fantasing the victim naked, fantasizing sexual assault, dressing in female apparel, feelings of anxiety, feelings of anger, feelings of loneliness, feelings of frustration, as well as marital strife.

It was apparent in the interviews, although not documented directly in the questionnaire, that the act of exposure frequently related to a period of heightened stress or anxiety.

This was then channeled into alcohol abuse as well as a possible exposure incident. The urge to expose often occurred when the individual was experienceing feelings of rejection or isolation from a meaningful female partner. This observation closely coincides with that observed by Mohr et. al. (1964) and Smith et. al. (1961). These authors remarked on the tendency to act out in the face of an emotional crisis, which frequently involved a female.

An attempt was made to determine what (if any) emotional response(s) was experienced immediately after the exposure incident. The most frequent response was that of guilt (N=4), followed by depression (N=3), fear (N=3) and no response at all (N=3). The respondents seldom gave one response alone but rather an admixture of feelings that frequently were contradictory in nature (eg. sexually aroused and disgust). Other responses included: denial of experience, disgust, relief of tension, sexual arousal, anger at self, disappointment, as well as shame or embarrassment. The overall pattern of responses suggest that the experience produced feelings of unpleasantness as opposed to an inner feeling of purely sexual gratification or pleasure.

Several respondents noted that the exposure leading to the arrest differed from previous episodes in showing greater risk taking and consequently less caution and more abandon. This observation, noted earlier by Rickles (1942) and Rooth (1975) may

suggest less regard for the self in part as the result of a recent emotional impact.

In terms of the actual act of exposure, the respondents were asked how often an erection accompanied the exposure. Twenty percent (N=4) responded 'never', 30 percent (N=6) answered 'sometimes', 20 percent (N=4) replied 'almost always' while 30 percent (N=6) replied affirmatively for the answer 'always'. When asked how often the indecent exposure happened suddenly, the respondents replied: 1) 10% - never; 2) 35% - sometimes; 3) 10% - often; 4) 35% - almost always; 5) 10% - always. As well, the question was asked whether the exposer felt in a 'fog mentally or that things were unreal during the exposure'. Forty-five percent of the responses fell within the 'almost always' (35%) and 'always' (10%) categories. The validity of this reported finding is somewhat tentative in view of the commonly observed tendency for sexual offenders to disavow themselves from the act or at least diminish their responsibility or role in the actual performance.

The actual act of exposure occurred while fully tumescent in 30% (N=6), while semi-tumescent in 30% (N=6) and while flaccid in 30% (N=6). Two respondents answered affirmatively for all three alternates. Sixty-five percent (N=13) indicated that the exposure was accompanied by masturbatory activity while 35% (N=7) denied masturbation during the exposure incident. In terms of

the 13 who indicated that masturbation accompanied the act, 54% (N=7) confirmed that the act of masturbation culminated in orgasm while 46% (N=6) confirmed an anorgasmic response.

The respondents were asked whether masturbation ever occurred while alone immediately following the act of exposure. Seventy-five percent (N=15) replied affirmatively while 25% (N=5) indicated that masturbation did not generally follow the act of exposing.

The question was asked as to whether the offender ever tried to have sexual relations with the intended witness. Twenty-five percent (N=5) answered affirmatively while 75% (N=15) answered negatively. The relatively higher percentage responding affirmatively contradicts prior research (Mohr et. al., 1964) and may reflect the larger number of exposers with histories of offences relating to indecent assults.

When asked whether they ever felt an urge to have sexual relations with the witness, regardless of any actual attempts, 80% (N=16) answered positively while only 20% (N=4) responded negatively.

Finally, 40% (N=8) admitted to having used 'vulgar' language during the commission of the exposure while 60% (N=12) denied the accompanying use of 'profane' language.

Characteristics of Victim: Exhibitionists seldom expose to someone with whom they are previously familiar. Only 10% (N=2)

acknowledged the fact that the exposure took place with someone who was prior acquaintance. This need for anonymity was likewise observed by Mohr (Mohr et. al., 1964) who reported that only four victims were known to the offender. Gebhard (Gebhard et. al., 1965) noted that 92% exposed to strangers. One respondent in the present study exposed to someone who inadvertently recognized him which precipitated his inclusion in the current study.

The intended reaction of the victim differs with the personality of the exhibitionist. Previous investigations have emphasized the over-riding need for such reactions as pleasure and amusement (Ellis 1933), response of being impressed (Apfelberg et. al., 1944) and fear or shock (Allen 1969). The majority in the current study (N=6) indicated sexual arousal as the preferred reaction on the part of the witness, on viewing the act of exposure. The only other common response elicited was that of fear (N=5) on the part of the victim. Other responses obtained included: disgust, fascinated or impressed, curious, torment, anger and surprise. This pattern appears to coincide somewhat with that discribed earlier by Evans (Evans, 1970). The classification of desired responses were categorized as fear and flight, indignation and abuse of the exposer, as well as pleasure and amusement. It would appear at least that some response contingency is imperative for each exposure incident. One respondent indicated that the only reaction which tended to decrease the attraction of the exposing incident was that

laughter.

The actual charateristics of the girl may prove significant in deciding on the ultimate choice of victim. Several respondents (N=4) indicated a preference for attractive females. Related to this factor is the apparent choice involving a victim displaying 'provocative' apparel. (eg. "tight pants", "short dresses"). The other characteristic most heavily favored was the age factor (N=4). The tendency was most commonly within the 15-25 age distribution. Other idiosyncratic attributes included: not very attractive or slightly obese, appears sexually naive, oriental, displays pink clothing, non-threatening attitute and 'not of negro race'. One respondent made the comment that the specificity of choice rested partly on the temperal lag since the last exposure episode.

Finally, in ninety-five percent of the cases (N=19), the exposer preferred the witness to be alone. In only one instance (5%) did the offender deny any preference in terms of whether the witness was alone or accompanied by one or more women.

CHAPTER FIVE

SUMMARY AND CONCLUSION

This study sought to identify some of the common characteristics observed in a group of 20 men, convicted of indecent exposure.

The subjects of this study were 20 individuals contacted through Regional Mental Health Services, Edmonton, Adult Probation Services, Edmonton as well as the Forensic Services, Alberta Hospital, Edmonton. The ages of the participants ranged from 15 to 35 years of age. Several participants included in the sample (N=7) had participated earlier in a group therapy project for men convicted of indecent exposure.

Each of the voluntary subjects were individually administered a Wechsler Adult Intelligence Scale as well as a Minnesota Multiphasic Personality Inventory, if these results were not already available on recent files. As well, a comprehensive questionnaire, was administered that was intended to ascertain specific information relating to the exposer, the offence as well as the victim. Objective data was gathered from the personality instrument (M.M.P.I.) in order to determine possible personality similarities common to the group as a whole.

A number of variables have been advanced as common characteristics of the 20 exhibitionists observed in this study. The exhibitionists' age at the time of the most recent conviction was relatively young (ie 20-29 years) as was the age range at the

time when the act of exposure first emerged (ie 17 years). The age at the time of the first charge of exposure was also relatively young (ie 19 years) thus identifying the exposer as being generally a younger individual. The research eiterature indicates that exhibitionism rarely manifests itself in individuals over the age of thirty-five. This study in contrast to previous research reports, identified the majority of individuals as being unmarried at the time of the charge or treatment. The results of the present study confirm that the distribution of intelligence is essentially in the normal range, slightly skewed towards the lower end of this scale. Since the WAIS scores of the exhibitionists showed a general distribution, it was not surprising to find all educational levels represented as well. It would appear that there was nothing specific, in terms of either intelligence or education, that might separate exhibitionists from the general population.

The role of alcohol has been underlined more so than in any previous study of exhibitionists. The presence of alcohol was accounted for by 85 percent of this sample, while 35 percent admitted to drug abuse prior to the exposure incident. This figure may possibly be inflated by the offender's own need to minimize his own involvement and responsibility. Even so, the fact that a figure of 85 percent did emerge would suggest a need for further research into the significance and role of alcohol

and its contribution to the act of exposing. It was similarly noted that a greater percentage of the sample studied disclosed histories of difficulties relating to sexual dysfunctions. Fifty percent noted difficulties at one time or another with impotence. This represents the highest recorded incidence of reported impotence in a sample of exhibitionists. In terms of the previous literature, it would appear that this facet of the individual is often overlooked in favour of the actual episode of exposing. The possibility of the presence of a sexual dysfunction in conjunction with a history of exposure may present definite implications in terms of selecting the most appropriate therapeutic management approach. Barlow (Barlow et. al., 1974) stresses the need for a more comprehensive assessment of the offender as well as a need for a more inclusive use of treatment modalities. For example, an exhibitionist referred for a behavioral treatment may require intervention aimed at reducing the attractiveness of the exposing behavior. At the same time, intervention may be required in terms of increasing the overall heterosexual attraction as well as treatment focused on a possible underlying sexual dysfunction.

Generally, the act of public exposure usually took place in open areas such as parks or city streets. The determination of location appears to be based on some erotic preference attached to the idiosyncratic choice. The allocation was qualified

frequently by the offender on the basis of a need for a location that facilitated an expedient escape route besides providing a safeguard from possible male intruders. Interestly, the majority of offenders described fantasies involving sexual contact with the intended victim. However, the choice of open area practically precluded the prospect of any form of sexual attack. This might suggest that the exposure itself was the primary motivation, while sexual contact or assault remained solely as an underlying fantasy.

On the basis of the responses elicited, the exposer is most likely to be in conflict with himself both prior to and after the actual exposure incident. The respondents frequently identified personal feelings of depression, rejection, anxiety and loneliness previous to the act of exposure. The exposure, likewise, coincided more specifically with feelings of isolation and rejection in terms of a meaningful female partner. Contrary to what popular opinion may suggest, the act of exposure would appear to fulfill more complex needs than simply sexual arousal. This is corroborated by the respondents indication that the exposure was frequently followed by personal feelings of fear, guilt as well as depression.

The choice of victim is based largely on the need for anonymity on behalf of the offender. It would appear that a more personal relationship might deny the offender many of the

intended responses anticipated in the witness. (eg. fear, shock, disgust). Interestingly, one of the more recent treatment approaches attempts to exploit a scenario in which the offender attempts to expose to a female with whom he later discusses the act in detail. The subject who is embarrassed or self-conscious about the exposure is thereby persuaded to rehearse the act on demand in an environmental context that closely adheres to the "in vivo" situation as possible. The embarrassment of confronting the witness afterwards served to strongly inhibit the urge to subsequently perform the act (Serber, 1970).

There appears to be tendency for women in the age bracket of 15-25 years to be the most likely victims of exposure incidents. This likelihood may be increased if the female is judged both attractive by the offenders as well as "provocatively" attired.

In reviewing the above findings, it would appear that certain personality characteristics are common to male exhibitionists which distinguish them from average males. However, although the offenders shared some similar personality characteristics, there are also many dissimilar aspects. The writer would then caution that a personality profile closely paralleling the offenders described is in no way considered predictive of this form of sexual outlet.

This study has attempted to provide additional information to an area in which much additional research is needed. Those

professionals interested in the treatment and management of men convicted of public exposure, will need to develop strategies that will produce a higher rate of success than now exists. Several noteworthy areas of research appear to be in paricular need. More comprehensive studies, involving a larger N and additional psychometric investigations should be conducted. Research is needed in the area of possible precipitating factors invloved in exhibitionism. The role of alcohol appears especially relevant. Further research could explore the role of exhibitionism in combination with other sexual deviations. Research should include a comparison of those convicted solely of indecent exposure as compared to those convicted of exposure as well as offences invloving sexual assaults. This direction of research may provide some much needed criteria that would help to identify the socially dangerous as opposed to the social nuisance offenders. Research should be conducted with the goal of understanding the offender's earlier developmental history, in particular the areas of sexuality, as well as those experiences and attitudes that relate directly to females. Research is needed in order to obtain further data on the presence and contribution of possible sexual dysfunctions. As well, investigations may provide further insights into the apparent choice of victim (eg physical attractiveness, age, nonverbal cues) that contribute to the dyad.

Clearly, a good deal of research has been generated on exhibitionism since the original observations noted by Lasegue in 1877. This is particularly evident in the more recent behavioral literature involving the behavioral analysis and treatment of the exhibitionist. Despite the development of new techniques as well as the refinement of established methods, this does not obviate the need for continued research in this area.

Figure 1.1

Personality Profile of 20 Male Exhibitionists on the M.M.P.I.

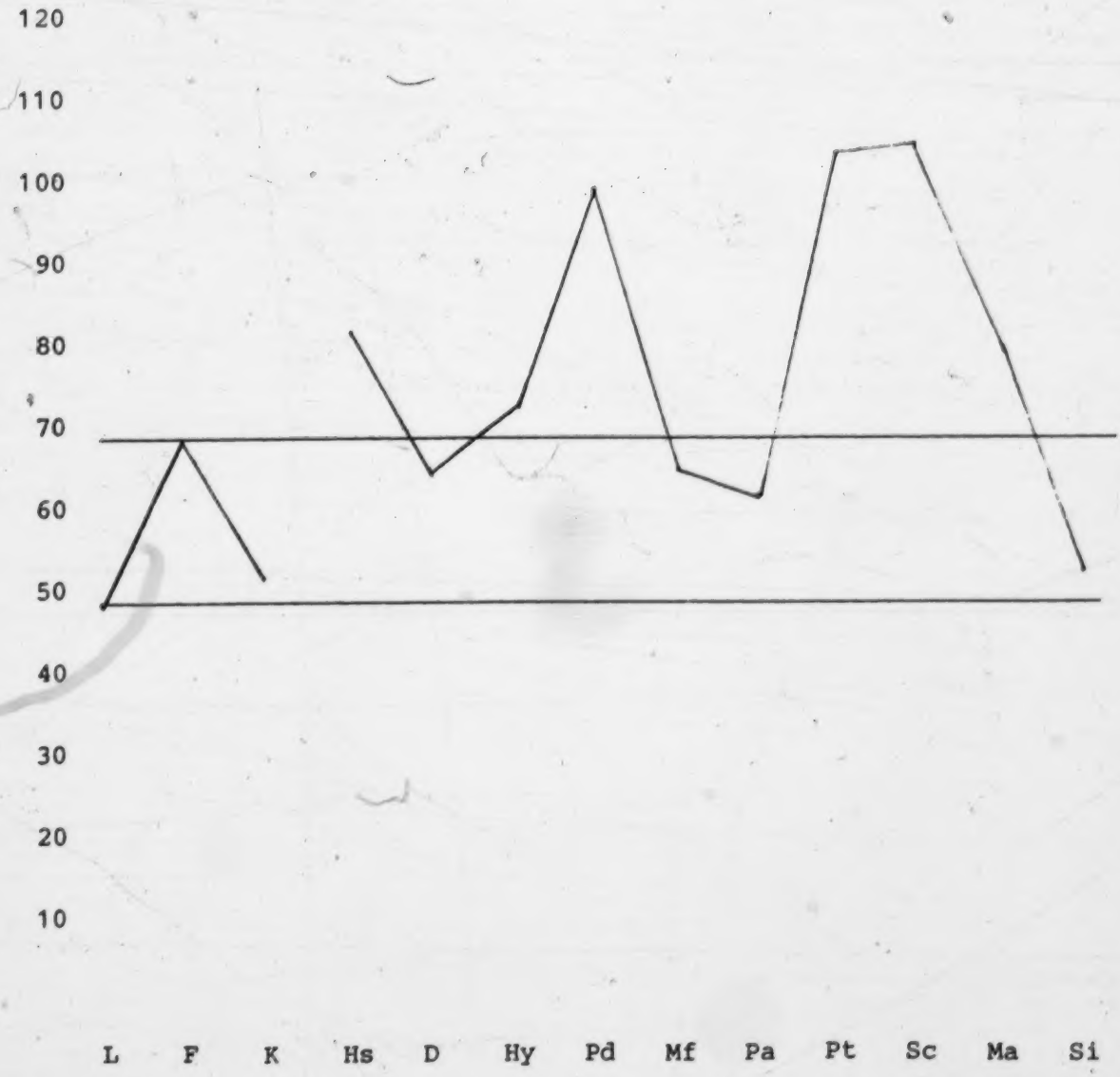

Table 2

Age Distribution of Exhibitionists (N=20)
at the Time of Latest Conviction

	Age		Age
1.	15	11.	24
2.	17	12.	24
3.	19	13.	25
4.	20	14.	25
5.	20	15.	27
6.	21	16.	27
7.	22	17.	28
8.	22	18.	28
9.	22	19.	29
10.	23	20.	35

$\bar{X}$ = 23.65

Range = 15 - 35

Table 3

Age of Exhibitionist at the time of First Exposure (N=20)

	Age of Onset		Age of Onset
1.	12	11.	16
2.	14	12.	16
3.	14	13.	17
4.	14	14.	17
5.	15	15.	19
6.	15	16.	19
7.	16	17.	21
8.	16	18.	21
9.	16	19.	22
10.	16	20.	22

$\bar{X}$ = 16.94 years

Range = 12 - 22 years of age

Table 4

Age of Exhibitionist (N=15) at the Time of First Conviction

	Age		Age
1.	14	9.	18
2.	14	10.	18
3.	15	11.	20
4.	16	12.	21
5.	16	13.	25
6.	16	14.	25
7.	17	15.	26
8.	17		

$\bar{X} = 18.857$

Range = 14 - 26

Table 5

Wechsler Adult Intelligence Scale Scores
(N=20)

	Verbal Scale	Performance Scale	Full Scale
1.	85	100	91
2.	103	107	105
3.	93	98	95
4.	93	98	95
5.	113	107	111
6.	99	98	99
7.	94	96	95
8.	103	103	103
9.	88	92	89
10.	83	90	86
11.	100	93	97
12.	71	78	72
13.	90	72	81
14.	77	96	86
15.	117	110	115
16.	97	90	94
17.	102	111	106
18.	97	123	108
19.	112	107	111
20.	98	102	100

X Verbal Score - 95.75

X Performance Score - 98.55

X Full Scale Score - 96.95

Table 6

Individual M.M.P.I. Scores of 20 Exhibitionists

?	L	F	K	Hs	D	Hy	Pd	Mf	Pa	Pt	Sc	Ma	Si	
0	4	33	6	12	29	24	39	29	23	47	59	26	39	a
0	2	18	12	24	42	39	42	35	17	46	50	22	50	b
0	5	6	20	15	28	21	32	28	11	32	32	15	31	c
0	3	9	12	19	24	28	27	28	10	28	35	33	17	d
17	4	4	16	9	20	21	19	31	6	24	20	23	15	e
0	2	15	8	10	18	16	29	16	14	35	38	25	37	f
0	3	14	11	15	33	21	36	28	20	38	47	26	39	g
0	5	9	12	8	16	11	25	29	14	27	32	27	42	h
0	6	3	11	11	18	15	23	26	6	20	20	19	34	i
0	10	17	14	22	26	29	35	33	15	30	37	23	22	j
0	3	14	6	13	23	16	23	27	12	38	40	28	39	k
21	9	6	17	11	22	21	27	22	10	29	22	12	25	l
0	1	4	19	10	15	13	28	29	8	30	35	22	25	m
0	7	11	14	9	23	14	28	21	12	33	31	24	31	n
0	1	2	21	12	17	19	30	35	10	28	36	23	11	o
0	5	10	18	18	27	30	33	28	13	39	41	21	38	p
0	9	3	23	16	19	29	38	30	12	34	35	21	15	q
0	2	8	12	11	22	25	32	29	8	28	32	29	26	r
0	2	12	13	14	23	21	34	34	13	39	44	27	29	s
0	0	20	12	11	19	23	34	31	12	35	53	30	26	t
X	X	X	X	X	X	X	X	X	X	X	X	X	X	
1.9	4.15	10.9	13.85	13.5	23.2	21.8	30.7	28.45	12.3	33.0	36.95	23.8	30.0	
5.73	2.78	7.28	4.78	4.30	6.28	6.7	5.75	4.56	4.15	6.70	9.80	4.81	10.5	

Table 7

Mean M.M.P.I. Scores of Exhibitionists
(N=20)

Score	M
?	1.9
L	4.15
F	10.9
K	13.85
Hs	13.5
D	23.2
Hy	21.8
Pd	30.7
Mf	28.45
Pa	12.3
Pt	33.0
Sc	36.95
Ma	23.8
Si	30.05

Table 8

Reported Cases of Exhibitionism Co-existing with other Anomalous Sexual Activity (since 1920)

Sexual Activity	Number of Cases Cited
1. Voyeurism	15
2. Homosexuality	8
3. Frotteurism	7
4. Pedophilia	5
5. Transvestism	3
6. Obscene Phone Call	2
7. Sado - Masochism	2
	Total - 42

Sexual History Questionnaire

September 1978 Sexual Exhibitionism, Male

We realize that sex may be very private for you but it is an important part of a persons life and we hope that you will help us understand this aspect as well as other personal matters that we are dealing with.

Some of the questions may not seem to apply to you. Each person's experience is different. Read the questions carefully and answer them as well as you can.

1. Age? _____ years

2. Education?

___ 1) 8 grades or less.
___ 2) some high school.
___ 3) high school graduate.
___ 4) some university or business school.
___ 5) university graduate.
___ 6) graduate on professional degree.

3. Are you ___ 1) single ___ 2) married ___ 3) divorced
___ 4) separated ___ 5) widowed.

4. What is your religion?

___ 1) United Church
___ 2) Anglican
___ 3) Other Protestant
___ 4) Roman Catholic
___ 5) Ukranian Catholic
___ 6) Jewish
___ 7) Other
___ 8) None

5. At present are you,

___ 1) Employed
a) part-time
b) full-time
___ 2) Unemployed
___ 3) Retired

6. Are you a student? ___ 1) Yes ___ 2) No If Yes, ___ a) part-time
___ b) full-time

7. At what age did the first incidence of public expose occur?
___ years of age.

8. At what age did the first conviction for indecent exposure occur?
___ years of age.

9. Has masturbatory activity in the past, ever been accompanied by fantasies or thoughts of exposure? ___ Yes ___ No.

10. Have you ever obtained a conviction for a sexual offence other than indecent exposure? ___ Yes ___ No.
If Yes, for what sexual behavior were you charged for? _____

11. Have you ever obtained a conviction for an offence of a non-sexual nature? ___ Yes ___ No.

12. Was the victim ever known to you previous to the act of exposure? ___ Yes ___ No.

13. In what locations do acts of exposure occur?

14. Did the exposure consist of 1. _____ genital 2. _____ buttocks 3. _____ nude.

15. Have you ever exposed your penis on purpose to a girl who did not know you, in a more or less public place such as a street, a park, or a field, a car, in a show, or through a window? a) ___ Yes b) ___ No.

16. How many times altogether?
a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times
f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

17. How many times to girls 12 or younger?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

18. How many times to girls 13 to 15 years?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

19. How many times to girls 16 to 20 years?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

20. How many times to women 21 to 30 years?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

21. How many times to women 31 to 40 years?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

22. How many times to women 40 and over?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

23. Have you ever felt that you would like to expose your penis to a girl or women in the ways mentioned?

a) Yes b) No

24. How often have you had an erection (enlarged penis) when you exposed yourself?

a) never b) sometimes c) often d) almost always e) always

25. How often have you masturbated while exposing yourself?

a) never b) sometimes c) often d) almost always e) always

26. How often has the indecent exposure happened suddenly?

a) never b) sometimes c) often d) almost always e) always

27. Do you feel that you are in a fog mentally or that things are unreal when you expose yourself?

a) never b) sometimes c) often d) almost always e) always

27b. What would be the ideal or preferred reaction on the part of the witness, on viewing the act of exposing?

28. When you expose yourself to females do you hope that they will get enjoyment out of seeing your penis?

a) never b) sometimes c) often d) almost always e) always

29. Do you hope that they will be impressed by the size of your penis?

a) never b) sometimes c) often d) almost always e) always

30. Have you ever tried to have sexual relations with the person that saw you?

a) Yes b) No

31. Have you ever felt an urge to do this?

a) Yes b) No

32. When is the last time you exposed your penis in public?

a) 1 or 2 days ago b) 3-7 days ago c) 2 or 3 weeks ago
d) 1 or 2 months ago e) 3-6 months ago f) 7-12 months ago
g) 1-2 years ago h) 2-3 years ago i) 4-5 years ago
j) over 5 years ago

33. If the girl or woman who saw you wanted to go some place to have sexual relations with you, what would you do?

a) run away b) walk away c) go with her

34. Have you ever used vulgar language on the person who saw you? How many times altogether?

a) none b) once only c) 2-3 times d) 4-5 times e) 6-10 times

f) 11-20 times g) 21-40 times h) 41-70 times i) 71-100 times j) over 100 times

35. Does the exposure occur while ___ 1. erect ___ 2. semi-erect ___ not erect?

36. Is the exposure ever accompanied by masturbatory activity?
___ Yes ___ No
To the point of orgasm? ___ Yes ___ No

37. Does masturbation ever occur while alone immediately following the act of exposure? ___ Yes ___ No

38. What precedes the act of exposure?

39. What (if any) emotional response did you experience immediately after the exposure incident?

40. Are certain characteristics (e.g. age, ethnic origin, clothing, physical appearance, attitude) important in selecting a witness for the exposure?

___ Yes ___ No

If Yes, please describe briefly.

41. Are certain characteristics of the location important?

___ Yes ___ No

If Yes, please describe briefly.

42. If exposure occurs, would you prefer the witness to be
1. ___ alone?
2. ___ together with one or more women?

43. Have you returned to the same place of a previous exposure in order to repeat the act? ___ Yes ___ No

44. Have you ever experienced impotence (could not have an erection) with a woman while in the act of making love?

___ Yes ___ No

45. Have you ever lost your erection before orgasm (discharge)?

___ Yes ___ No

46. Are you potent (have an erection) with some while impotent (not have an erection) with others?

___ Yes ___ No

47. Have you experienced times when you were impotent and then times when you could have erections?

___ Yes ___ No

48. Have you experienced orgasm (discharge) before penetration or immediately on entering when attempting intercourse?

___ Yes ___ No

49. Has alcohol ever preceded the act of exposure?

___ Yes ___ No

50. Has marijuana or other street drugs ever preceded the act of exposure?

____ Yes ___ No

51. Please include any other comments that you feel may contribute to this questionnaire.

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